Xercise ZONE

ONLINE COACHING • PERSONAL TRAINING • GROUP TRAINING

PROTEIN

Snacks

15 high-protein snacks. Each one has 15 g+ protein per serve.*

REVISED EDITION · NOVEMBER 2026

15

snacks · shakes, no-powder & batch recipes
sweet & savoury · vegetarian options
macros for every serve

*Calculated estimates using the ingredients specified in each recipe, including high-protein yoghurt and whey protein with about 24 g protein per 30 g scoop. See page 19.

What's inside

I've put together these 15 snacks to help you top up your protein between meals. There are ideas for your protein powder, snacks that need no powder at all, and a few batch recipes you can make once and eat all week. Every snack has at least 15 g of protein per serve. Batch recipes show how many they make and what one serve is.

One shopping tip that matters: wherever a recipe uses yoghurt, choose a **high-protein plain Greek-style yoghurt** (about 10 g protein per 100 g). It's the same one used in my Breakfasts and Protein Powder Treats booklets. Ordinary Greek-style yoghurt has about half the protein, and some snacks would drop below 15 g.

Macros are estimates based on the Australian products named in each recipe. Check your own labels, especially protein powder, as brands vary. The photos give you an idea of each snack. They're close, but won't always match exactly.

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02	**Iced Protein Coffee**	Serves 1	31 g	195	4
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04	**Chocolate Cottage Cheese Mousse**	Serves 1	32 g	265	6
05	**Frozen Yoghurt Protein Bark**	Makes 4 serves	20 g	145	7
06	**Peanut Butter Protein Balls**	Makes 12	19 g	315	8
07	**Vanilla Protein Chia Pudding**	Serves 1	36 g	315	9
08	**Savoury Egg Muffins**	Makes 12	17 g	160	10
09	**Creamy Tuna Dip & Crackers**	Serves 1	25 g	215	11
10	**Egg & Cottage Cheese Snack Box**	Serves 1	26 g	255	12
11	**Chilli-Lime Edamame**	Serves 1	19 g	190	13
12	**Chicken & Hummus Snack Wrap**	Serves 1	29 g	330	14
13	**Jerky & Fruit Snack Pack**	Serves 1	18 g	220	15
14	**Peanut Butter Yoghurt Dip & Apple**	Serves 1	23 g	330	16
15	**Choc Protein Nice Cream**	Serves 1	25 g	245	17

Grab-and-go supermarket snacks: page 18 · Measuring, food safety & nutrition notes: page 19.



01 Classic Protein Shake, 4 Ways

Sweet · Vegetarian · Prep 2 min · Serves 1

35 g	17 g	2 g	230 kcal
PROTEIN	CARBS	FAT	ENERGY · 970 kJ

Nutrition per serve (estimate) · Sodium about 180 mg

INGREDIENTS

- 1 scoop (30 g) whey protein (vanilla or chocolate)
- 300 ml skim milk
- A handful of ice
- For the flavour ideas: 50 g frozen berries, a few mint leaves or 1 shot (30 ml) cooled espresso

METHOD

1. Basic: shake the protein, milk and ice in a shaker for 20 seconds.
2. Berry: use vanilla protein and blend with 50 g frozen berries (adds about 20 kcal and 4 g carbs).
3. Choc-mint: use chocolate protein and blend with a few fresh mint leaves.
4. Mocha: use chocolate protein and add a shot of cooled espresso.

STORAGE

Drink within 2 hours, or keep it in the fridge. Carry the dry powder in a container and add cold milk when you're ready.

ALLERGENS

Milk

COACH'S TIP

The easiest protein top-up there is. Keep a scoop in a container in your gym bag.



02 Iced Protein Coffee

Sweet · Vegetarian · Prep 3 min · Serves 1

31 g	12 g	2 g	195 kcal
PROTEIN	CARBS	FAT	ENERGY · 820 kJ

Nutrition per serve (estimate) · Sodium about 140 mg

INGREDIENTS

- 1 shot espresso, or 1 tsp instant coffee in 30 ml hot water
- 200 ml skim milk
- 1 scoop (30 g) vanilla whey protein
- Ice
- Pinch of cinnamon

METHOD

1. Let the coffee cool for a minute.
2. Shake the milk and protein together until smooth.
3. Fill a glass with ice, pour in the protein milk, then top with the coffee and cinnamon.

STORAGE

Best made fresh. Drink within 2 hours, or keep it in the fridge.

ALLERGENS

Milk

COACH'S TIP

Cheaper than a café iced latte, with about 30 g of protein.



03 Choc Protein Mug Cake

Sweet · Vegetarian · Prep 2 min · 1–2 min + 1 min rest · Serves 1

34 g	11 g	10 g	280 kcal
PROTEIN	CARBS	FAT	ENERGY · 1170 kJ

Nutrition per serve (estimate) · Sodium about 330 mg

INGREDIENTS

- 1 scoop (30 g) chocolate whey protein
- 1 egg (59 g size)
- 1 tbsp (about 8 g) cocoa powder
- 1 tbsp (10 g) rolled oats, blitzed into flour
- 30 ml skim milk
- ½ tsp baking powder
- Cooking spray
- Optional: 2 tbsp (40 g) high-protein yoghurt to top (not included in the nutrition; adds about 4 g protein and 25 kcal)

METHOD

1. Lightly spray a large microwave-safe mug (at least 350 ml). Whisk everything in the mug with a fork until smooth.
2. Microwave on HIGH for 60 seconds in a 1000–1100 W microwave, or 75 seconds in an 800 W microwave.
3. Check it. The cake should be risen and firm all the way through, with no wet or runny batter in the centre. If not, cook in 10-second bursts until it is.
4. Rest for 1 minute before eating. Top with yoghurt if you like.

STORAGE
Best eaten warm and fresh.

ALLERGENS
Milk, egg, gluten (oats)

COACH'S TIP
Don't overcook it. Protein cakes go rubbery if they're left in too long, so use short bursts once it's nearly set.



04 Chocolate Cottage Cheese Mousse

Sweet · Vegetarian · Prep 5 min · 10 min chill (optional) · Serves 1

32 g	19 g	5 g	265 kcal
PROTEIN	CARBS	FAT	ENERGY · 1110 kJ

Nutrition per serve (estimate) · Sodium about 600 mg

INGREDIENTS

- 150 g reduced-fat (97% fat-free) cottage cheese
- ½ scoop (15 g) chocolate whey protein
- 1 tbsp (about 8 g) cocoa powder
- 1 tsp (about 7 g) honey
- 50 g raspberries

METHOD

1. Blend the cottage cheese, protein, cocoa and honey with a stick blender or small blender for 1 to 2 minutes, until completely smooth.
2. Spoon into a small bowl or jar. Chill for 10 minutes if you have time.
3. Top with raspberries.

STORAGE

Fridge, covered, up to 2 days. Add the raspberries just before eating.

ALLERGENS

Milk

COACH'S TIP

Blend it for longer than you think. The smoother it is, the more it tastes like real mousse.



05 Frozen Yoghurt Protein Bark

Sweet · Vegetarian · Prep 10 min · 2 hr freezing · Makes 4 serves

20 g	14 g	1 g	145 kcal
PROTEIN	CARBS	FAT	ENERGY · 610 kJ

Nutrition per serve (estimate) · Sodium about 60 mg

INGREDIENTS

- 500 g high-protein plain Greek-style yoghurt (about 10 g protein per 100 g, e.g. YoPRO Plain)
- 1 scoop (30 g) vanilla whey protein
- 1 tbsp (about 28 g) honey
- 150 g mixed berries and mandarin segments

METHOD

1. Stir the protein and honey through the yoghurt until smooth.
2. Spread about 1 cm thick on a tray (about 20 × 25 cm) lined with baking paper.
3. Scatter with the fruit and freeze for at least 2 hours, until firm.
4. Break into 4 even portions (or smaller pieces), and keep frozen in a container.

STORAGE

Freezer, in an airtight container, up to 1 month. It softens quickly, so eat it straight from the freezer and don't refreeze pieces that have thawed.

ALLERGENS

Milk

COACH'S TIP

Use a high-protein yoghurt. With ordinary Greek-style yoghurt each serve drops to about 13 g protein and 10 g fat.



06 Peanut Butter Protein Balls

Sweet · Vegetarian · Prep 15 min · 30 min chill · Makes 12 · 1 serve = 2 balls

19 g	25 g	14 g	315 kcal
PROTEIN	CARBS	FAT	ENERGY · 1310 kJ

Nutrition per serve (estimate) · Sodium about 140 mg

INGREDIENTS

- 100 g (1¼ cups) rolled oats
- 3 scoops (90 g) chocolate whey protein
- 120 g (about 6 tbsp) smooth peanut butter
- 3 tbsp (about 84 g) honey
- About 60 ml skim milk (up to 80 ml)
- 2 tbsp (about 14 g) desiccated coconut, for rolling

METHOD

1. Mix the oats and protein powder in a bowl.
2. Add the peanut butter and honey, then add the milk a tablespoon at a time until the mix holds together when squeezed.
3. Roll into 12 balls (about 40 g each, golf-ball size), roll in coconut and chill for 30 minutes.

STORAGE

Fridge, in an airtight container, up to 5 days, or the freezer for up to 3 months.

ALLERGENS

Milk, peanuts, gluten (oats). Contains coconut.

COACH'S TIP

Make a batch on Sunday and you're set for the week. If the mix is crumbly, add milk 1 tsp at a time.



07 Vanilla Protein Chia Pudding

Sweet · Vegetarian · Prep 5 min · Overnight (at least 4 hr) · Serves 1

36 g	16 g	10 g	315 kcal
PROTEIN	CARBS	FAT	ENERGY · 1320 kJ

Nutrition per serve (estimate) · Sodium about 140 mg

INGREDIENTS

- 200 ml skim milk
- 1 scoop (30 g) vanilla whey protein
- 2 tbsp (about 24 g) chia seeds
- 50 g berries, to top

METHOD

1. Shake the milk and protein together until smooth.
2. Pour into a jar, stir in the chia seeds, wait 5 minutes, then stir again to break up any clumps.
3. Refrigerate overnight (at least 4 hours). Top with berries in the morning.

STORAGE

Fridge, covered, up to 3 days. Add the berries on the day.

ALLERGENS

Milk

COACH'S TIP

Make 3 or 4 jars at once for grab-and-go snacks during the week. For a thicker pudding, add an extra 1 to 2 tsp of chia.



08 Savoury Egg Muffins

Savoury · Vegetarian · Prep 10 min · 20 min bake · Makes 12 · 1 serve = 2 muffins

17 g	4 g	9 g	160 kcal
PROTEIN	CARBS	FAT	ENERGY · 680 kJ

Nutrition per serve (estimate) · Sodium about 290 mg

INGREDIENTS

- 8 eggs (59 g size)
- 200 g reduced-fat (97% fat-free) cottage cheese
- 60 g grated light (50% less fat) cheddar
- 1 red capsicum (about 150 g), diced
- Handful (30 g) baby spinach, chopped
- 2 spring onions, sliced
- Cooking spray

METHOD

1. Heat the oven to 180°C (160°C fan-forced) and spray a 12-hole muffin tin well (or use paper cases).
2. Whisk the eggs and cottage cheese, then stir in the cheese and vegetables.
3. Divide among the holes and bake for 18 to 22 minutes, until puffed and firm in the centre with no liquid egg.
4. Cool on a rack, then refrigerate within 1 hour.

STORAGE

Fridge, in an airtight container, up to 3 days, or freeze for up to 2 months. Eat cold, or reheat until steaming hot (about 30 to 45 seconds in the microwave).

ALLERGENS

Egg, milk

COACH'S TIP

Freeze half the batch and take out two the night before.



09 Creamy Tuna Dip & Crackers

Savoury · Prep 5 min · Serves 1

25 g	20 g	3 g	215 kcal
PROTEIN	CARBS	FAT	ENERGY · 910 kJ

Nutrition per serve (estimate) · Sodium about 340 mg

INGREDIENTS

- 1 × 95 g tin tuna in springwater, drained (about 60 g drained)
- 50 g high-protein plain Greek-style yoghurt
- Squeeze of lemon, cracked pepper and chopped chives
- 4 wholegrain crispbreads (about 24 g, e.g. Vita-Weat 9 Grains)
- 100 g cucumber and capsicum sticks

METHOD

1. Mash the tuna with the yoghurt, lemon and pepper.
2. Stir through the chives.
3. Serve with the crispbreads and vegetable sticks for dipping.

STORAGE

Eat within 2 hours of mixing, or keep it covered in the fridge and eat the same day. Pack it with an ice brick for work.

ALLERGENS

Fish, milk, gluten/wheat. Crispbreads may contain sesame and soy.

COACH'S TIP

Swap the tuna for tinned salmon for a change.



10 Egg & Cottage Cheese Snack Box

Savoury · Vegetarian · Prep 2 min (eggs pre-boiled) · Serves 1

26 g	10 g	12 g	255 kcal
PROTEIN	CARBS	FAT	ENERGY · 1070 kJ

Nutrition per serve (estimate) · Sodium about 530 mg

INGREDIENTS

- 2 hard-boiled eggs (59 g size)
- 100 g reduced-fat (97% fat-free) cottage cheese
- 80 g cherry tomatoes
- 60 g cucumber slices
- Cracked pepper or everything seasoning

METHOD

1. Peel and halve the eggs and season with pepper.
2. Add the eggs, cottage cheese and vegetables to a lunch box.
3. Keep chilled until snack time.

STORAGE

Keep the snack box in the fridge, or in an insulated bag with an ice brick, and eat within 4 hours of packing. On hot Perth days, keep it cold the whole time.

ALLERGENS

Egg, milk

COACH'S TIP

Boil 6 to 8 eggs on Sunday and keep them unpeeled in the fridge for up to 5 days. Peel them on the day you eat them.



11 Chilli-Lime Edamame

Savoury · Vegan · Prep 1 min · 4 min · Serves 1

19 g	5 g	9 g	190 kcal
PROTEIN	CARBS	FAT	ENERGY · 800 kJ

Nutrition per serve (estimate) · Sodium about 150 mg

INGREDIENTS

- 300 g frozen edamame in pods (about 150 g beans once podded)
- Pinch of sea salt flakes
- Pinch of chilli flakes
- Squeeze of lime

METHOD

1. Boil or microwave the edamame for 3 to 4 minutes until hot. Drain.
2. Toss with salt, chilli and lime.
3. Pop the beans out of the pods with your teeth as you eat.

STORAGE

Cooked edamame keeps in the fridge for up to 2 days. Eat cold or reheat until steaming.

ALLERGENS

Soy

COACH'S TIP

One of the best plant-based protein snacks. Find it in the freezer section. The pods aren't eaten, so the nutrition is for the beans only.



12 Chicken & Hummus Snack Wrap

Savoury · Prep 5 min · Serves 1

29 g	21 g	14 g	330 kcal
PROTEIN	CARBS	FAT	ENERGY · 1380 kJ

Nutrition per serve (estimate) · Sodium about 500 mg

INGREDIENTS

- ½ wholegrain wrap (about 35 g, e.g. Mission Wholegrain)
- 80 g cooked skinless chicken breast, sliced
- 30 g (1½ tbsp) hummus
- 40 g lettuce and grated carrot

METHOD

1. Spread the hummus over the half wrap.
2. Top with the chicken, lettuce and carrot.
3. Roll up tightly and cut in two.

STORAGE

Use cooked chicken within 2 to 3 days of cooking (or by the use-by date). Keep the wrap in the fridge or with an ice brick, and eat within 4 hours.

ALLERGENS

Gluten/wheat, sesame (hummus). The wrap may contain soy.

COACH'S TIP

Use leftover roast chicken or a plain barbecue chook with the skin removed. Deli chicken slices have less protein (about 20 g for this wrap).



13 Jerky & Fruit Snack Pack

Savoury · Prep 1 min · Serves 1

18 g	30 g	2 g	220 kcal
PROTEIN	CARBS	FAT	ENERGY · 910 kJ

Nutrition per serve (estimate) · Sodium about 830 mg

INGREDIENTS

- 50 g beef jerky (one 50 g pack; choose one with at least 35 g protein per 100 g)
- 1 apple (about 150 g) or 2 mandarins

METHOD

1. Check the jerky label: look for at least 35 g protein per 100 g, and choose lower-salt and lower-sugar options where you can.
2. Pack the jerky with a piece of fruit.
3. Keep it in your bag for when you're caught out.

STORAGE

Unopened jerky is shelf-stable. Once opened, follow the pack (most say refrigerate and eat within a few days). Don't leave it or the fruit in a parked car: in a Perth summer, car interiors can go well above 50°C.

ALLERGENS

Check the label; jerky often contains soy and gluten (wheat)

COACH'S TIP

Perfect after training when you're on the run. Jerky is salty (about 800 mg sodium in 50 g), so drink some water with it.



14 Peanut Butter Yoghurt Dip & Apple

Sweet · Vegetarian · Prep 3 min · Serves 1

23 g	31 g	11 g	330 kcal
PROTEIN	CARBS	FAT	ENERGY · 1380 kJ

Nutrition per serve (estimate) · Sodium about 180 mg

INGREDIENTS

- 170 g high-protein plain Greek-style yoghurt (about 10 g protein per 100 g, e.g. YoPRO Plain)
- 1 tbsp (about 20 g) smooth peanut butter
- 1 tsp (about 7 g) honey
- ½ tsp cinnamon
- 1 green apple (about 150 g), sliced

METHOD

1. Stir the peanut butter, honey and cinnamon through the yoghurt.
2. Slice the apple.
3. Dip and enjoy.

STORAGE

If you pack it for later, keep the dip cold (fridge or ice brick) and eat within 4 hours.

ALLERGENS

Milk, peanuts

COACH'S TIP

Squeeze a little lemon on the apple slices so they don't brown if you pack it for later.



15 Choc Protein Nice Cream

Sweet · Vegetarian · Prep 5 min · Serves 1

25 g	29 g	2 g	245 kcal
PROTEIN	CARBS	FAT	ENERGY · 1020 kJ

Nutrition per serve (estimate) · Sodium about 60 mg

INGREDIENTS

- 1 frozen banana (about 120 g peeled), chopped
- ½ scoop (15 g) chocolate whey protein
- 100 g high-protein plain Greek-style yoghurt
- 1 tsp cocoa powder (included in the nutrition)
- 1 to 2 tbsp skim milk, only if needed to blend

METHOD

1. Blitz everything except the milk in a food processor, scraping down the sides, until thick and smooth like soft-serve. If it won't turn over, add the milk a tablespoon at a time.
2. Eat straight away.
3. For a firmer, scoopable texture, freeze for 30 minutes first.

STORAGE

Best eaten straight away. Leftovers can be frozen for up to 1 week, but they set hard.

ALLERGENS

Milk

COACH'S TIP

Always keep a bag of chopped frozen bananas ready for this. With ordinary Greek-style yoghurt it's about 19 g protein.

Grab-and-go supermarket snacks

No time to prep? These ready-made options are easy to find. Unlike the 15 recipes in this booklet, many of them have **less than 15 g protein** per serve. Pair two together (for example, cheese stick + tuna tin) to get there. Protein amounts are typical, so check the label, as brands vary a lot.

FRIDGE AISLE

High-protein yoghurt pots	**15–20 g / pot (160–170 g)**	sometimes
Ready-to-drink protein milks and shakes	**20–30 g / bottle**	15 g+
Cottage cheese snack tubs	**12 g / 100 g**	under 15 g
Peeled boiled egg packs	**13 g / 2 eggs**	under 15 g
Sliced chicken or turkey breast	**11 g / 60 g (deli slices)**	under 15 g
High-protein custard or pudding pots	**10–15 g / pot**	sometimes
Light cheese sticks	**5–7 g each**	under 15 g

PANTRY AISLE

Tuna or salmon snack tins	**15–17 g / 95 g tin**	15 g+
Beef jerky	**14–18 g / 50 g pack**	15 g+
Protein bars (15 g+ protein, under 10 g sugar)	**15–20 g / bar**	15 g+
Roasted edamame or broad bean snacks	**8–12 g / 30 g**	under 15 g
Roasted chickpeas	**5–6 g / 30 g**	under 15 g
Unsalted mixed nuts	**5–6 g / 30 g**	under 15 g

QUICK LABEL CHECK

Protein density is a handy way to compare snacks. About 10 g protein per 100 kcal (or 10 g per 420 kJ) or more is a very protein-dense choice, like a protein yoghurt, tuna or a protein shake. It's a guide, not a rule. Nuts, roasted chickpeas and cheese are lower in protein density but still give you fibre, healthy fats and other nutrients. Also look at the serve size and total energy, the sodium (jerky, deli meats and tuna can be salty), added sugar (bars, flavoured yoghurts and drinks) and fibre.

Measuring, food safety & nutrition

MEASURING

- Australian measures: 1 tablespoon = 20 ml, 1 teaspoon = 5 ml, 1 cup = 250 ml.
- Protein powder: 1 scoop = 30 g powder, which gives about 24 g protein. A half scoop (15 g) gives about 12 g. It's not 30 g of protein.
- Eggs are 59 g size. 1 medium banana ≈ 120 g peeled; 1 apple ≈ 150 g; a 95 g tin of tuna ≈ 60 g drained; 300 g edamame in pods ≈ 150 g beans.
- Cooking spray counts. We've allowed about 0.5–1 g of oil per spray.

FOOD SAFETY (ESPECIALLY IN A PERTH SUMMER)

- Keep yoghurt, cottage cheese, cooked eggs, tuna and chicken in the fridge at 5°C or below.
- Snack boxes and lunchbox items: pack them cold with an ice brick in an insulated bag and eat within 4 hours. Throw out anything left over.
- Cook egg dishes until firm with no liquid egg. Cool cooked food and refrigerate within 1 hour. Reheat until steaming hot, and only once.
- Hard-boiled eggs: keep them unpeeled in the fridge for up to 5 days and peel on the day.
- Frozen snacks: keep frozen and don't refreeze anything that has thawed.
- Don't leave food in a parked car. Car interiors in summer can go well above 50°C.

ALLERGENS

These recipes include **milk** (most recipes), **egg**, **peanuts**, **fish** (tuna), **soy** (edamame; often jerky and wraps), **gluten/wheat** (wraps, crispbreads, oats; often jerky) and **sesame** (hummus). Each recipe lists its main allergens, but always check your own labels.

ABOUT THE NUTRITION FIGURES

Every recipe was recalculated in November 2026 from the weight of each ingredient. Batch recipes were then divided by the number of serves. Values come from Australian product labels where available (named in the audit report), and typical Australian food-composition values otherwise. The same standard ingredients are used as in my Breakfasts booklet. Energy uses the Food Standards Australia New Zealand (FSANZ) factors (protein and carbs 17 kJ/g, fat 37 kJ/g, fibre 8 kJ/g), so calories can be a little higher than a simple 4-4-9 sum where a recipe is high in fibre.

Disclaimer: Nutrition values are estimates. They vary with brands, ingredient sizes, how you measure and how evenly you divide a batch. The recipes have been reviewed and calculated, not laboratory-tested. This booklet is general information, not personal dietary advice. If you have a medical condition, food allergy or specific dietary needs, please speak with your GP or an Accredited Practising Dietitian.

Recipe photos: Unsplash (unsplash.com).

Fuel the work.

I'd love to hear which snacks become your favourites. Tell me at your next session. If you have questions about how much protein you need, just ask me.

See you at the park!

Gideon

Xercise ZONE

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